



Smoked Sea Salt and Almond Eclairs

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 8 servings roasted almonds crushed for garnish
- ☐ 1.3 cups bread flour sifted
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 egg whites
- ☐ 3 large eggs plus more if needed
- ☐ 1 cup heavy cream
- ☐ 2 cups heavy cream
- ☐ 1 cup milk

- ☐ 8 ounces chocolate roughly chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 servings sea salt smoked
- ☐ 0.3 teaspoon sugar
- ☐ 1 stick butter unsalted

Equipment

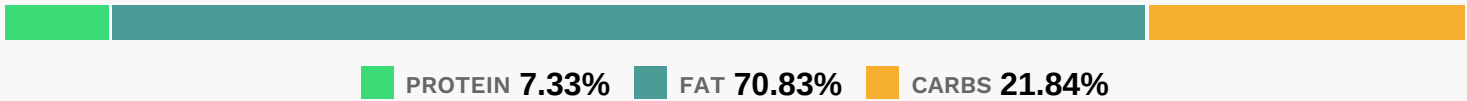
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ stand mixer
- ☐ stove
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ Special equipment: Pastry bags or plastic resealable bags
- ☐ For the eclairs: Preheat the oven to 375 degrees F with a rack on the middle shelf.
- ☐ In a non-reactive saucepan over medium heat, combine the milk, salt, sugar and butter, and bring to a simmer. Once the butter has melted, quickly add the flour and stir constantly with a wooden spoon for about 3 minutes.
- ☐ Transfer to the bowl of a stand mixer fitted with a paddle attachment.
- ☐ Mix to cool down, until the dough mostly stops steaming, 1 minute.
- ☐ Add the eggs and whites, slowly until evenly incorporated and glossy. To check the consistency of the batter, run your finger or spoon through it. It should leave a pathway that slowly falls in on itself. If it's too stiff, you may have to add an additional egg.

- ☐ Place the batter in a pastry bag or resealable plastic bag and cut a hot-dog-size hole in the corner. On a silicon-lined sheet tray, pipe long and fat hot-dog-size lines about 6-inches long, evenly spaced. Use a wet finger to press down any peaks and lightly mist with water from a spray bottle.
- ☐ Bake until slightly golden and puffed, 20 minutes.
- ☐ Then lower the oven temperature to 325 degrees F and bake an additional 20 minutes.
- ☐ For the whipped cream: In a stand mixer fitted with a whisk attachment, whisk the cream, confectioners' sugar and almond extract until stiff peaks form.
- ☐ Heat the cream in a small pot until slightly simmering.
- ☐ Pour over the chocolate in a metal bowl and whisk until smooth. If there are still chocolate chunks in the glaze, heat it briefly on the stovetop and stir until smooth. Set aside.
- ☐ To assemble: Split the baked pastry and, using a resealable plastic bag or pastry bag with a 1/2-inch hole cut in the corner, pipe in the almond filling. Top with the chocolate glaze, crushed roasted almonds, and a couple pinches of smoked sea salt.

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:16.71, Inflammation Score:-8, Nutrition Score:20.441304346789%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 872.05kcal (43.6%), Fat: 71.44g (109.9%), Saturated Fat: 35.82g (223.86%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 43.79g (15.92%), Sugar: 27.66g (30.73%), Cholesterol: 204.63mg (68.21%), Sodium: 348.18mg (15.14%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Caffeine: 18.71mg (6.24%), Protein: 16.64g (33.28%), Vitamin E: 9.19mg (61.29%), Manganese: 0.99mg (49.53%), Vitamin B2: 0.76mg (44.51%), Vitamin A: 1816.31IU (36.33%), Phosphorus: 329.14mg (32.91%), Magnesium: 131.22mg (32.8%), Selenium: 20.48µg (29.26%),

Copper: 0.54mg (26.79%), Fiber: 5.78g (23.11%), Calcium: 201.54mg (20.15%), Vitamin D: 2.35µg (15.67%), Zinc: 2.13mg (14.17%), Potassium: 494.25mg (14.12%), Iron: 2.5mg (13.91%), Vitamin B5: 0.9mg (9.05%), Vitamin B1: 0.13mg (8.42%), Vitamin B12: 0.51µg (8.42%), Folate: 33.6µg (8.4%), Vitamin B3: 1.59mg (7.95%), Vitamin B6: 0.14mg (7.15%), Vitamin K: 5.84µg (5.56%)